

# **Healthy Congregations in Action & Self-Care Training: Health Ministry Beyond Indigent Health Care**

**Judy Johnston, MS, RD/LD  
Research Instructor  
Department of Preventive Medicine &  
Public Health  
University of Kansas School of Medicine –  
Wichita  
[jjohnsto@kumc.edu](mailto:jjohnsto@kumc.edu)**

# Outline

- **Healthy Congregations in Action (HCIA)**
- **Socio-Ecological Model**
- **Behavior, environment and policy change**
- **Self care as a tool for planning and adopting personal risk reduction behaviors**
- **Outcomes-based planning methodology (participatory)**
- **Event planning methodology (participatory)**

# Healthy Congregations in Actions

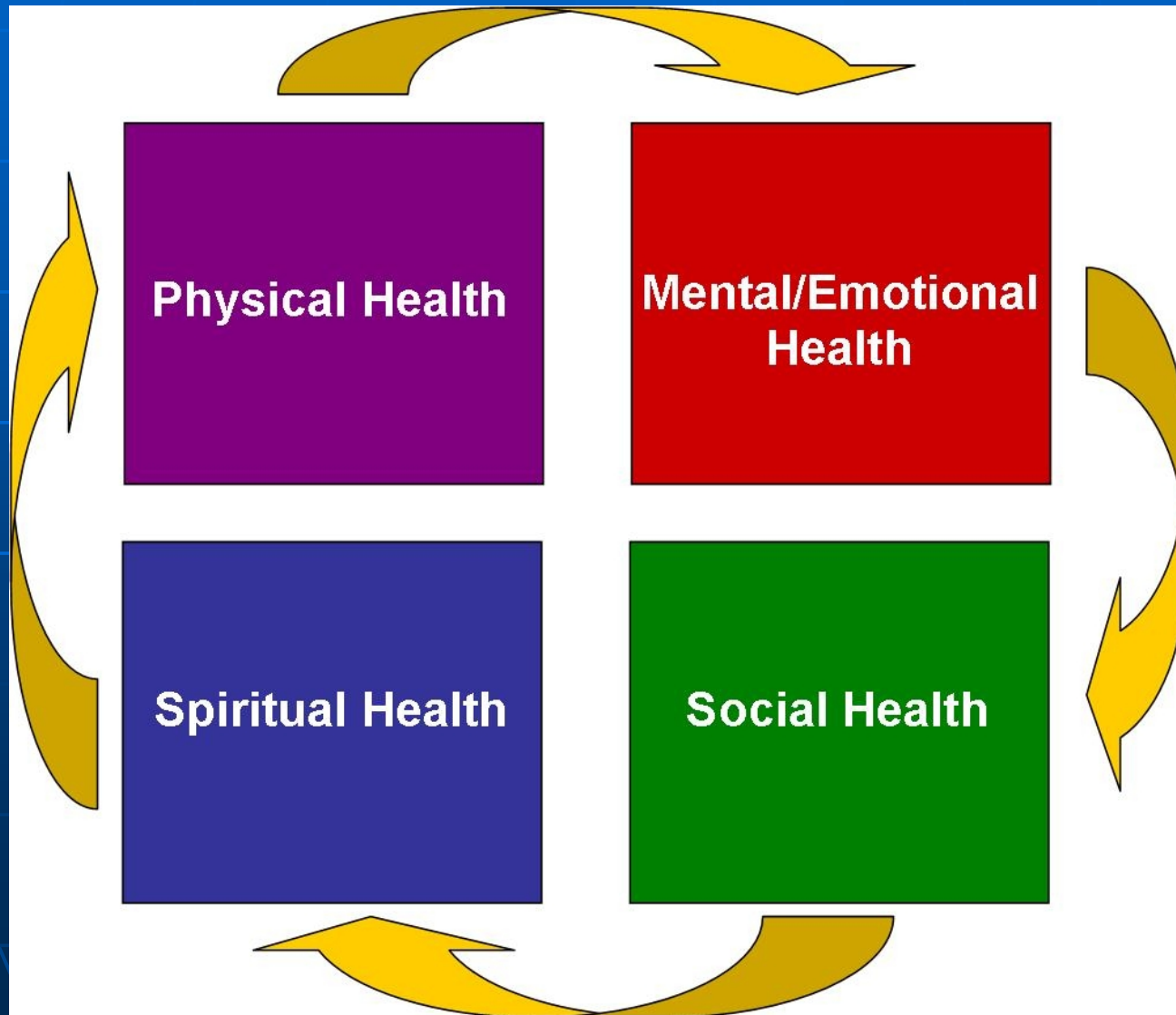


An Initiative of the  
Kansas Area United  
Methodist Churches  
in collaboration with  
the United Methodist  
Health Ministry Fund

# Purpose of Kansas Initiative

To engage members of the United Methodist Churches of Kansas in the development & adoption of a comprehensive plan to improve the health and fitness of the clergy, staff & congregants of their statewide denomination

# Four Aspects of Health



# Partners Include

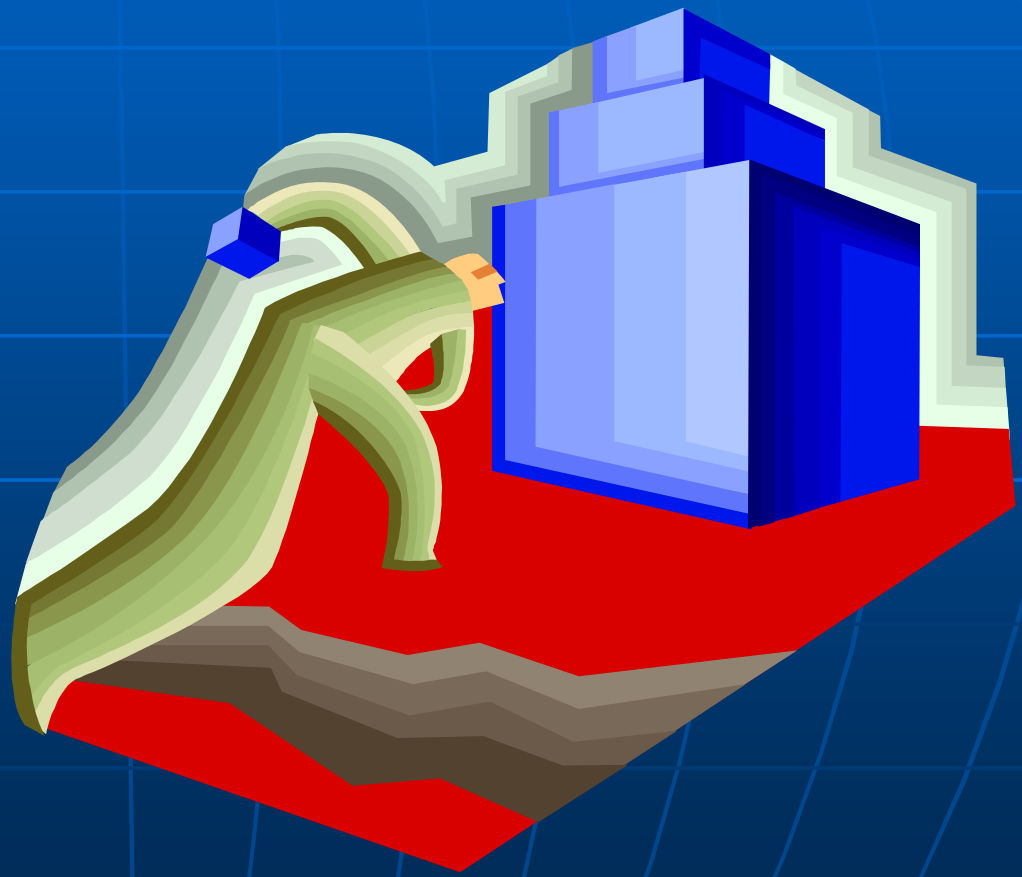
- **United Methodist Health Ministry Fund**
- **Kansas Area United Methodist  
Fitness Task Force & Healthy Lifestyles  
Committee**
- **United Methodist Churches of Kansas**
- **University of Kansas School of Medicine -  
Wichita**

# HCIA Plan Elements

- **Planning**
- **Technical Assistance, Training & Resources**
- **Communications tools**
- **Self-Care Workshops**
- **Evaluation**

# Planning: Identify Outcomes, Strategies and Action Steps to Influence

- Attitudes
- Knowledge
- Skills
- Environment
- Policy





# **Programs & Activities Are Important, but they are NOT Enough**

## **■ Programs**

- Lack environmental & policy aspects**
- Lack sustainability**
- Increase knowledge & skills**
- Provide social support**
- Generally focus on one behavior**

# The Critical Role of Policy

- Expresses importance
- Announces support & involvement of administration
- Assures some sustainability
- Requires accountability
- Offers opportunities for involvement

# Why Environmental Interventions?

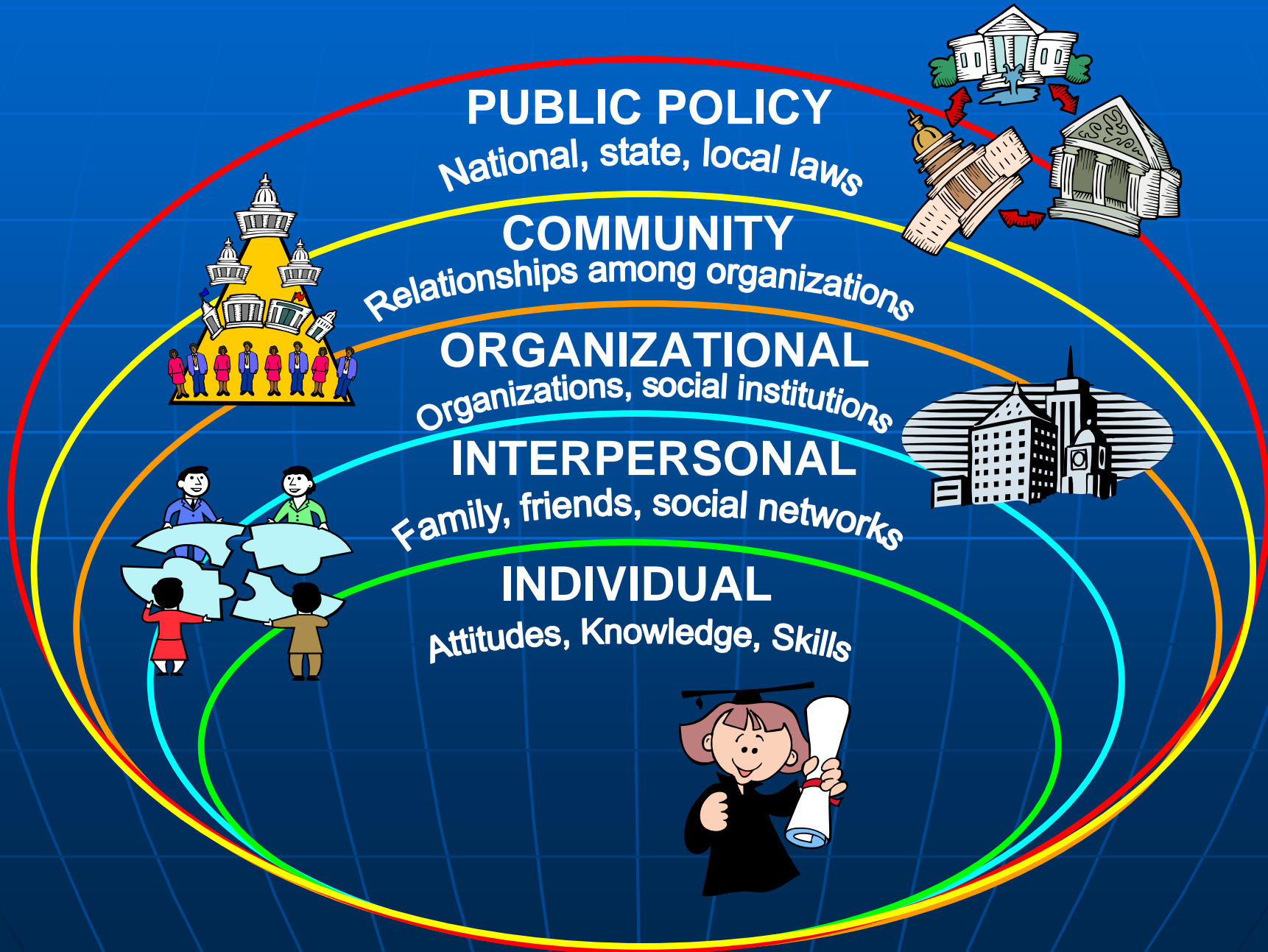
- Visible expression of values
- Social support
- Physically supports individual behaviors
- Provides opportunities for modeling
- Educational tool






# **Examples of Environmental Interventions in Faith Communities**

- **Fresh fruit on reception counter**
- **Non-smoking facilities and grounds**
- **Healthy meals and snacks provided**
- **Bottled water & juice in drink vending machines**
- **Walking paths measured and marked in buildings and on grounds**

# Social-Ecological Model



<b>Healthy Congregations in Action</b> <b>18-month Pilot</b>	 <b>Individual</b>	 <b>Interpersonal</b>	 <b>Organizational</b>
<b>Physical Health</b> Nutrition, Fat, Fruits & Vegetables, Physical Activity, Water, Sleep, Appropriate Calories, Calcium	Individual Self-Assessments Self-Care Covenant Nutrition Education Physically Active Games 1-2-3-4 Life/Walking Logs Food Pyramid Data	Walking Groups Support Groups  Physically Active Games	Healthy Food Policies Parking Policies Tobacco Use Policies Changes in Meeting Agendas to include PA Mandatory Days Off Vacation Policies
<b>Mental/Emotional Health</b> Learning Styles, Stress Management, Coping Strategies, Relaxation Techniques	Individual Self-Assessments Self-Care Covenant Emotional Intelligence Stress Management Time Management Communication Skills Balancing Work & Family	Parenting Classes Sector-Specific Groups	Mandatory Days Off Vacation Policies
<b>Social Health</b> Respect Self Value People (RSVP), Social Networking, Time management, Individual Social Support	Individual Self-Assessments Self-Care Covenant Stress Management Tips Social Capital Benchmark Survey Social Support	Stress Management Support Group Social Support Group Leadership Skills Class Learning Styles Financial Management Tools Manners & Etiquette	Food Pantries Clothing Exchanges
<b>Spiritual Health</b> Prayer, meditation, fasting, Shared Learning	Individual Self-Assessments Self-Care Covenant Daily Journals Prayer Memorization Whisper Prayer Meditation	Bible Study Groups Meditation Groups Stewardship Teams  Bible Study groups for specific populations, ex. Bible study group for young mothers	Meeting Structure Policies to include prayer & reflection

# Pilot Churches

## ■ Statewide:

- Self-Care Covenant Workshops
- Communication Strategies
- Identification/development of intervention resources

# Pilot Churches

- **Pilot Churches: 18 months**
  - **Leadership development**
  - **“Train the Trainer”**
  - **Congregational self-study**
  - **Individual health assessment**
  - **Resources**



# HCIA Technical Assistance

- **Congregational plan development**
  - Worksheets
  - Individual assistance
  - Conference calls
- **Implementation Assistance**
  - Individual assistance
  - Conference calls
- **Evaluation questions**
  - Online tools
  - Individual assistance
  - Conference calls

# HCIA Training

- **Semi-Annual, Regional Team Training**
  - 4-6 locations across the state
  - Congregational teams selected days of the week (including Saturdays) and locations
  - Includes leadership development
  - Includes topic-specific skills training
- **Annual Healthy Congregations Retreats**

# Resources

- Faith-based, evidence-based programs
- Evidence-based materials that have been adapted to be faith-based

# Resources

- Self-care workshops/workbooks
- Menu of opportunities for programs, behavior, environmental & policy interventions
- Leadership development

# HCIA Resources

- Curriculum/Programs
- Activities
- Skills-Development
- Funding
- Access to experts

# Communication

- **Key messages**
- **Coordinated efforts**
- **Multiple sources of messages**

# Communications Tools

- Special hymn
- Postcards
- Bulletin inserts
- Newsletter drop-ins
- Door hangers
- Radio spots
- Newspaper ads
- Posters
- Buttons, stickers



Hard to picture Jesus as a  
chip-munching, caffeine-chugging, channel zapper  
...isn't it?



Let's follow in His path and choose a life of health and involvement. To help us, we've made a commitment to *Healthy Congregations in Action*. There are a variety of ways to become involved...and to become healthier. *It's a path you'll enjoy.*



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# Did God really ordain only fried chicken, cheesy potatoes, and apple pie as the official church dinner?

A fresh perspective on the meals and snacks served at the church is just one of the benefits of *Healthy Congregations in Action*. There are lots of other easier-to-swallow ways to improve our health -- individually and as a congregation. But don't worry, we're not suggesting we give up *all* that good stuff! *Just include plenty of the good healthy foods, too.*



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**What we are  
is God's gift  
to us.**

**What we become  
is our gift  
to God.**

Louie Nizer

***Becoming.*** Becoming better people of God -- physically, mentally, socially and, of course, spiritually -- is what *Healthy Congregations in Action* is all about.

If you've been wanting to get out of the rut and into a healthier way of life, we think you will appreciate this innovative approach.

*And you don't even have to be a member of our church to participate. Just consider it our gift to you...and our community.*

Please call or stop by our church office for more information.

*Let's become healthier together!*

Here are some of the ways we're working on our "gift to God". We hope you'll come join us!

- **ACTIVITY**  
Time | Place
- **ACTIVITY**  
Time | Place
- **ACTIVITY**  
Time | Place
- **ACTIVITY**  
Time | Place
- **ACTIVITY**  
Time | Place



**Name of Church**

Address

Phone No.

Open hearts. Open minds. Open doors.

# Self Care Workshops

- Designed to provide tools for:
  - self-assessment of individual's self-care in all four areas of health
  - tools to adopt to increase personal self-care in all four areas of health
  - a covenant plan to encourage individual behavior and environmental change

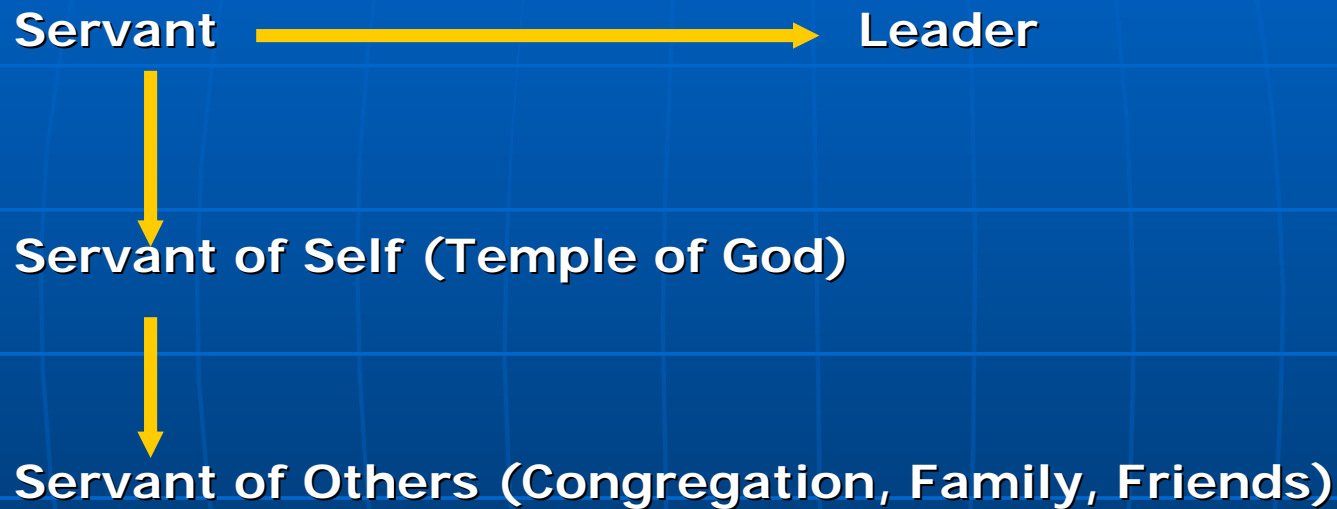
For clergy, staff & congregants

- Resources
  - Notebooks
  - Trained trainers

**Do not ask the Lord  
to guide your  
footsteps, If you are  
not willing to move  
your feet.**

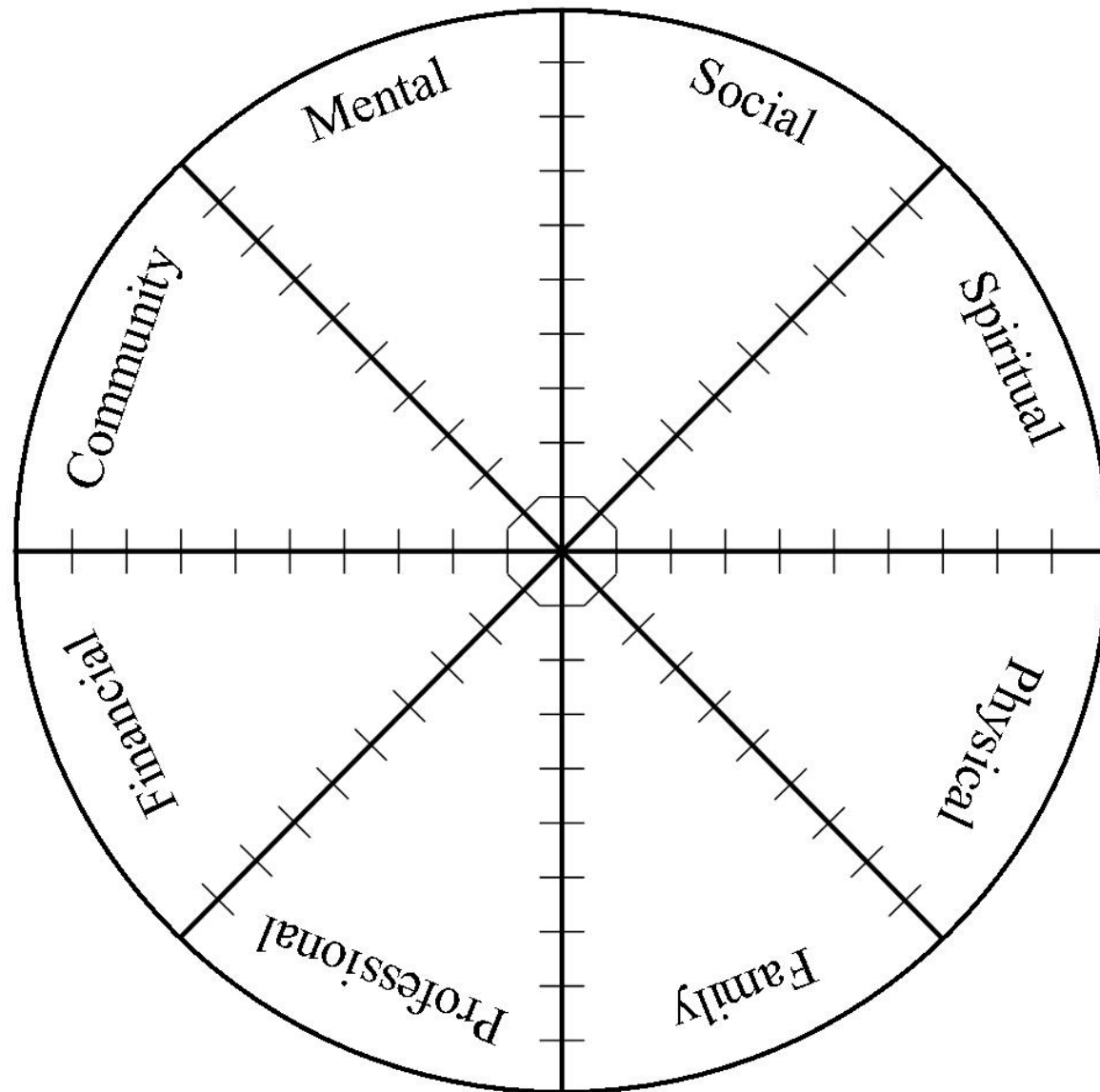
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# What Robert Greenleaf Forgot to Tell You



*What you are able to give is dependent  
on what you have to give*

# Wheel of Life





# Stages of Change Model for Individual-Level Change



# Personal Self-Care Covenant

- Commitment to self care
- Achievable
- Small step
- Moves you one level in stages of change
- Active
- Buddy system





# Covenant Process: Step 1

- **Review self assessments:**
  - **Stress & Relaxation**
  - **Time Management/Saying "No"**
  - **Spiritual Self-Care**
  - **Guilt, Shame, Forgiveness & Empowerment**
  - **Social Health**
  - **Fruits & Vegetables**
  - **Fats**
  - **Water**
  - **Physical Activity**
  - **Tobacco**
  - **Sleep**

# Covenant Process: Step 2

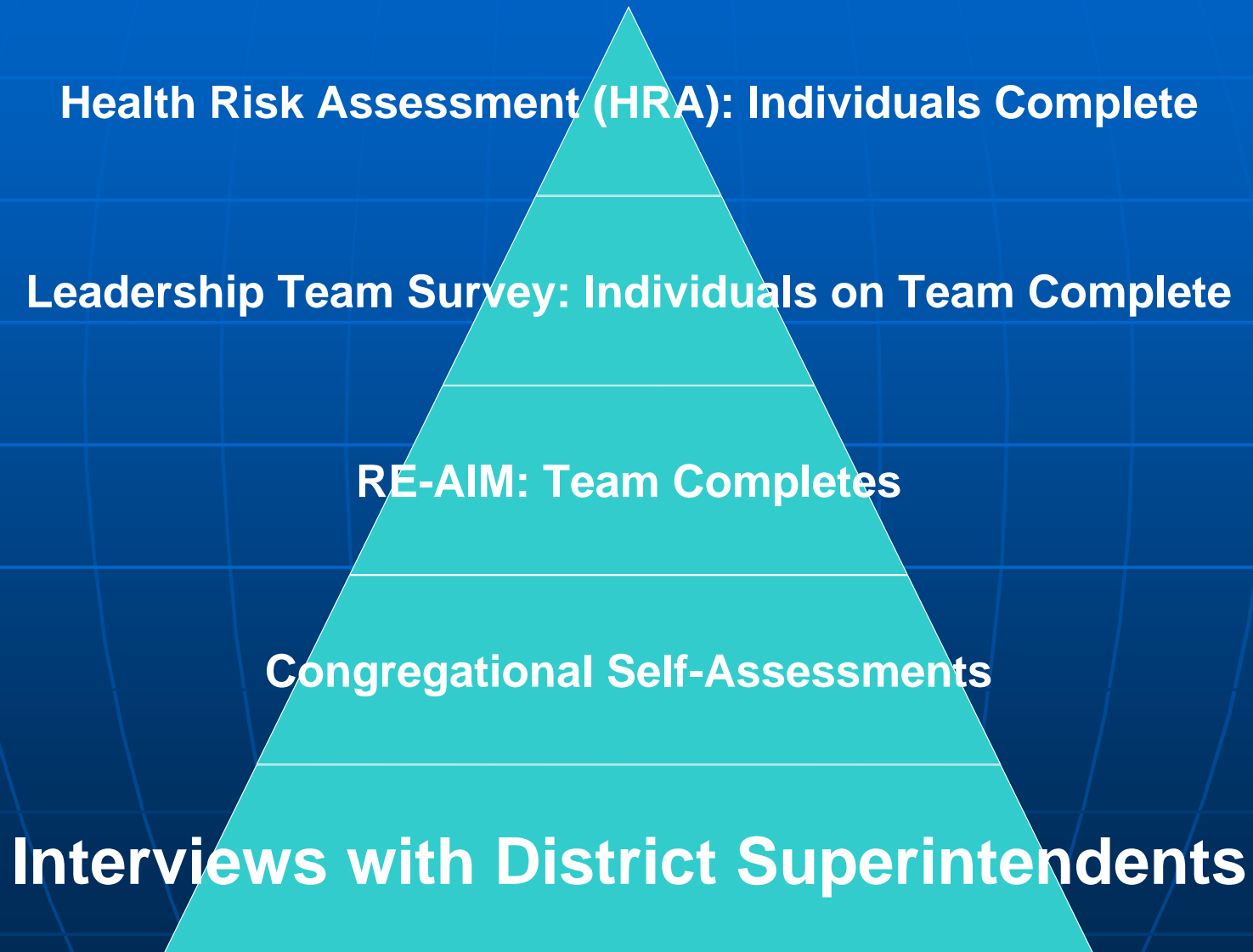
- Complete the appropriate worksheet
  - Vacation
  - Days Off
  - Physical Activity
  - Nutrition & Water
  - Sleep
  - Tobacco Use &/or Exposure
  - Mental/Emotional Health: Stress
  - Social Health
  - Spiritual Health

# Covenant Process: Step 3

- **Personal Self-Care Covenant Monthly Plan**
  - What
  - How Much
  - Why
  - Barriers
  - Plans to Overcome Barriers
  - Accountability
  - Monthly Reviews



# Evaluation



# **Applications for You**

Outcomes-Based Planning  
Event Planning

# Social-Ecological Model

